

**FEEL  
GOOD  
ABOUT  
MEAT**



## SLOW ROASTED HONEY AND ORANGE BELLY PORK STRIPS

Serves: 4    Preparation time: 10 minutes    Cooking time: 70 minutes



Ask your butcher to trim some Specially Selected Pork belly into 4 strips for this simply prepared recipe – meaty, juicy and with warming wintery flavours. A perfect match cooked alongside, and served with, braised red cabbage.

### COOKING INSTRUCTIONS

Preheat the oven to 200°C (180°C Fan) Gas Mark 6. Arrange the pork strips in a shallow roasting tin and cook for 40 minutes.

Meanwhile prepare the marinade by simply whisking together the ginger, honey, Chinese five spice powder, and orange zest and juice.

Scatter the onion slices over the pork and pour on the marinade. Reduce the oven to 180°C (160°C Fan) Gas Mark 4 and cook the pork for a further 30 minutes or until very tender, brushing the strips from time to time with the pan juices.

Serve with seasonal vegetables. Good, too, with brown rice and lightly dressed coleslaw.

### INGREDIENTS

900g (1lb 14oz) Specially Selected Pork belly, trimmed and cut into 4 thick strips  
2.5cm (1inch) piece of fresh ginger, peeled and finely chopped  
2 tbsp clear Scottish honey  
1-2 tsp Chinese five spice powder  
Zest and juice of 2 large oranges  
1 large onion, halved and finely sliced

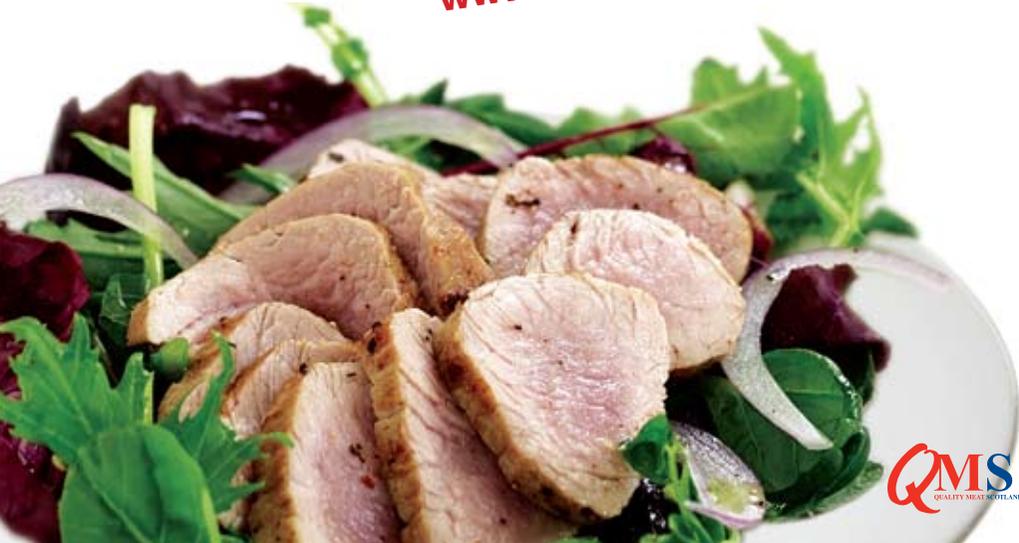
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iron

zinc

B vitamins

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# FEEL GOOD ABOUT MEAT

**Feel good about meat...** Why? Because it's nutritionally rich. So a healthy cooked portion goes a long way towards supplying your body with essential nutrients to keep you healthy and happy.

iron  zinc  B vitamins

Meat contains haem iron, the type that is easily absorbed by the body. Did you know that around 40% of women in their twenties and thirties don't eat enough iron\*, while up to 16% of women could be classed as iron deficient?

One in ten pensioners may be iron deficient, rising to nearly 40% in elderly men\*\*. This is probably because older people have difficulty absorbing iron from non-meat sources such as cereals and vegetables.

Some 50% of teenage girls have inadequate iron intakes while a third may be iron deficient\*\*\*. Children who eat red meat and drink fruit juice are less likely to be deficient in iron.

**If you are at all concerned about iron deficiency, consult your doctor.**

## Let's Talk Nutrients!

Pork is rich in protein, essential for energy and the body's growth and repair. In fact meat is the top source of protein in the UK diet. One 90g portion supplies half of your recommended daily intake.

Pork is also one of the top three sources of iron in the UK diet and contains the high quality haem iron that is easily used by the body. Iron's good for our blood and helps carry more oxygen around our bodies.

Pork is rich in zinc, too, which you need for muscle recovery, and thiamine (B1), which helps us turn carbs into energy. And there's Vitamins B12 and B6 and D. Not only that, meat makes a major contribution to selenium and copper intakes.

With a good, balanced diet it's easy to make sure your body is getting enough nutrients.

Enjoy pork and other red meats, beef and lamb, as part of a balanced diet, including at least five portions of fruit and vegetables every day.

## Let's Get Lean!

Nowadays we all know that eating less fat is best for health and body weight. The good news is that meat has moved with the times and become much leaner too. Thanks to improved farming methods, the fat content of meat has reduced by a third over the past 30 years. So, by choosing lean red meat as part of your weekly shop you can stay lean too!

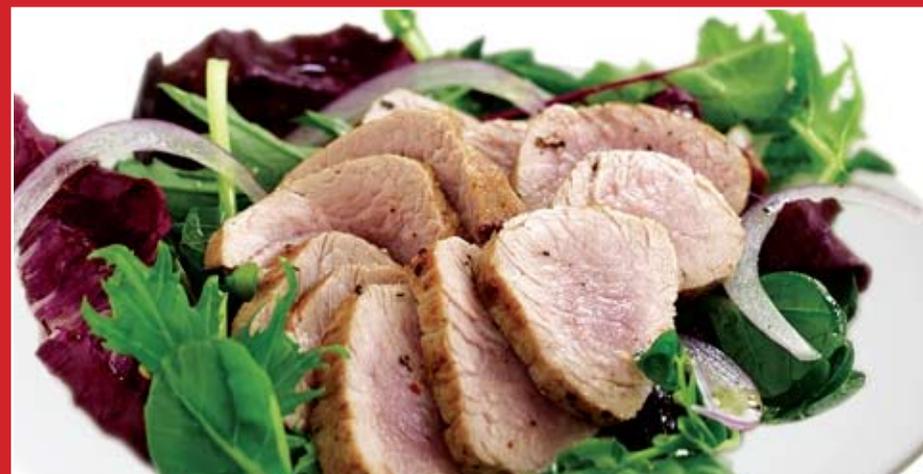
## Want to cut the fat without cutting the taste?

- Try healthier cooking methods such as dry frying, grilling or roasting.
- Choose cooking oils such as sunflower, rapeseed or olive oil.
- All the essential nutrients in meat are found in the lean parts.
- Cut visible fat off before cooking.
- Drain and discard excess fat before serving.

**Healthy eating** doesn't have to be hard work. Here are two recipes that are quick, easy to prepare, and sure to be a hit with the whole family.

## WARM PORK FILLET SALAD

Serves: 4 Preparation time: 10 minutes Cooking time: 10 minutes



### INGREDIENTS

2 small Specially Selected Pork fillets (approx. 200g each)  
1 tablespoon olive oil  
Freshly cracked ground pepper and sea salt  
Mixed salad leaves

### COOKING INSTRUCTIONS

Rub the oil over the pork and season with pepper and salt.  
Cook under a preheated grill on medium-high for 7-9 minutes, turning often to ensure the meat is cooked all the way through.  
Rest the pork for a few minutes before slicing.  
Serve the cooked pork on a bed of mixed salad leaves and drizzle with a dressing of your choice.

\*National Diet and Nutrition Survey (2003)  
\*\*National Diet and Nutrition Survey (1998)  
\*\*\* National Diet and Nutrition Survey (2000)